

Sample Fruit & Vegetable Pilot --- Classroom & Home Link

Available in the future for all schools!



Classroom Link.....

Quick Steps to increasing your students' knowledge of Yellow Summer Squash ...

Highlighted items are included in the packet but must be duplicated unless otherwise indicated.

- ✓ Distribute **Crayon Shaped Erasers** and remind students to color their plates with an assortment of fruits and vegetables
(Sufficient quantities to give one to each child)
- ✓ Review “**Fact Sheet**” and “**Fun Facts**”
- ✓ Have students color “**There’s a RAINBOW on My Plate**”
- ✓ Have students find the 14 hidden fruit and vegetable words in the handout “**Eat More Vegetables and Fruits**”
- ✓ Review the “**Eat 5 Fruits and Vegetables a Day**” brochure
(Sufficient quantities for each child to take one home to their parents/guardians)
- ✓ Take a trip to a Farm Market.
- ✓ Display different varieties and colors of squash; Review the names of the different squash
- ✓ Show the difference between summer squash and winter squash varieties
- ✓ Have students research how many different kinds of squash there are, summer and/or winter varieties
- ✓ Have students check out educational web sites for kids
- ✓ Check out fruit and vegetable websites and resources to help you promote pilot



Home Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at home ...

Highlighted items are included in the packet but must be duplicated unless otherwise indicated.

- ✓ Send home the “**Eat 5 Fruits and Vegetables a Day**”
(Sufficient quantities for each child to take one home to their parents/guardians)
- ✓ Encourage the “**Supermarket Sleuths**” as a family activity
- ✓ **Kids’ Kitchen Recipes** and “**Make A Vegetable Insect**”
- ✓ **Recipes for Home**



Classroom Link.....

There's a **RAINBOW** on My Plate





Classroom Link.....

Eat More Vegetables and Fruits



Vegetables and fruits are delicious and nutritious. Many are rich in vitamins and minerals. Most are naturally low in fat and are good sources of fiber. Can you find these 14 hidden fruits and vegetables?

Find: squash, apple, yams, orange, celery, banana, broccoli, pear, peas, grapes, eggplant, kiwi, carrots, and prunes. The words can read up, down, or across from left to right or right to left!

B	F	S	E	S	E	N	U	R	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I



See page 17 for answers



Classroom Link.....

ANSWERS

to

“Eat More Vegetables and Fruits” Hidden Words



B	F	S	E	S	E	N	U	R	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	E
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I



Home Link.....



Home Activities



SUPERMARKET SLEUTHS



Children are more willing to try new foods when they help to select them. Therefore, a trip to the supermarket is an excellent opportunity to expand the variety of foods your child is willing to eat, as well as an opportunity to learn more about choosing foods for a healthy diet.

Wanted! New Vegetables

Ask your child to choose one or two new foods from the vegetable group for the family to try. You can decide on these new foods at home or wait to see what you find at the store. Have your child select a new vegetable each time you go to the supermarket in October.

Connecting the Clues

While you are at the store, encourage your child to look for connections and make comparisons.

- ✓ Can the same food be found in different forms in the store? For example --- vegetables can be purchased fresh, in cans, frozen, or as ingredients in soup. Ask if your child can find examples of the new vegetable, which they have chosen, in various forms.
- ✓ Challenge your child to come up with a list of "clues" about his/her specific vegetables. Then you can try to guess what they are.



Additional Fun Home Activities



Off to the Market

Fall is a great time of year to take a trip to a farm stand, local farmers' market or farm. Try new varieties of squash, cook or decorate a pumpkin. Go apple picking at a farm. Try different varieties of apples.

Tip --- Healthy Food on a Budget

If you go to a farmers' market this month, the early bird gets the freshest food. But if you go late in the day, in the late afternoon, you may get some real bargains. The farmers would rather sell their fruits and vegetables than have to truck them back home!



Home Link.....



KIDS' KITCHEN



Yellow Summer Squash

How to Cut and Slice Squash:

- 1-Rinse but do not peel
- 2-Secure the squash on a cutting board
- 3-Trim off ends
- 4-Slice squash in to round pieces or strips

Fun Ways to Eat:

- 👉 Raw sticks or circles with dip
- 👉 Marinated and grilled
- 👉 In a soft tortilla or wrap
- 👉 “Squash Cake”--- Grate and substitute for carrots in carrot cake
- 👉 As a pizza topping
- 👉 Stuffed --- “Squash Boat”
- 👉 Added with tomatoes to cooked rice or pasta

Fun Kids' Recipes:

(Note to Parents/Guardians: All recipe preparation should be supervised by an adult. Safety in the kitchen is very important!)

The following recipes are attached and include summer squash as an ingredient:

- 👉 Super Grilled Veggie Wraps
- 👉 Squash or Zucchini Wrap



Home Link.....



KIDS' KITCHEN



Super Grilled Veggie Wraps

Hand-held veggie stuffed wrap sandwiches are another great way to get your 5 A Day! This wrap is filled with cream cheese and a variety of sweet caramelized vegetables. If you can't find whole wheat tortillas, use flour tortillas. You won't get as much fiber, but you'll still get great flavor!

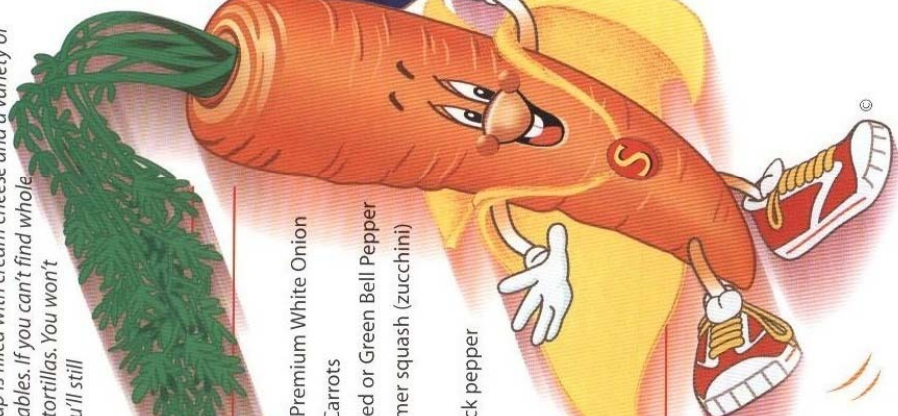
Makes 4 servings

Ingredients:

- 2 teaspoons olive oil
- ½ cup chopped DOLE® Premium White Onion
- ½ cup shredded DOLE Carrots
- ½ cup chopped DOLE Red or Green Bell Pepper
- 1½ cups chopped summer squash (zucchini)
- 1 cup DOLE Spinach
- ¼ teaspoon ground black pepper
- 4 tablespoons fat free cream cheese
- 4 (7-inch) whole wheat tortillas

You will need:

- Cutting board
- Knife
- Measuring cups and spoons
- Skillet or sauté pan
- Spatula

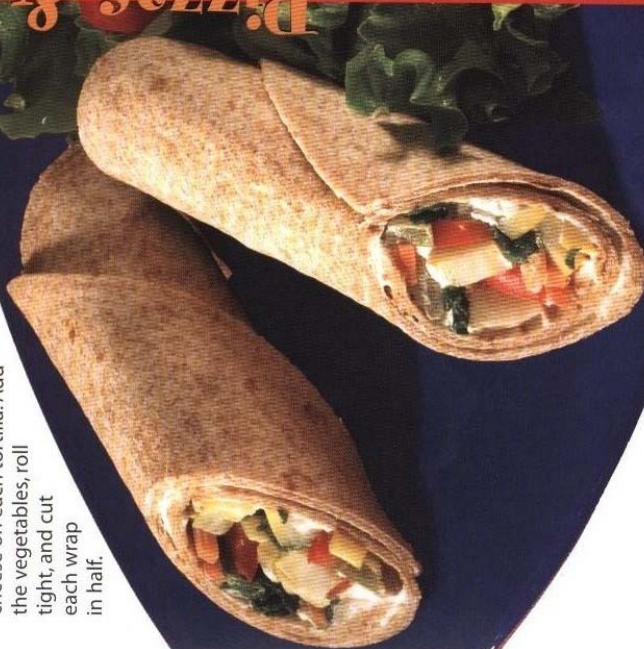


**Reprinted from Dole's
"5 A Day Kids Cookbook"**

Pizzas & Wraps

Here's how:

- 1 Heat oil in skillet over medium heat. Add onion, carrots and bell pepper and cook for three minutes. Stir in the summer squash and cook another three minutes. Add spinach and season with pepper. Remove from heat and allow to cool before assembling the wraps.
- 2 Spread one tablespoon of cream cheese on each tortilla. Add the vegetables, roll tight, and cut each wrap in half.



Nutrition Information (per serving)

Makes 4 servings. Each wrap provides 1 - 5 A Day serving of vegetables.

Calories	200	Dietary Fiber	5 grams
Total Fat	6 grams	Protein	9 grams
Saturated Fat	1 gram	Vitamin A	2531 International Units
Cholesterol	1 milligram	Vitamin C	22 milligrams
Sodium	256 milligrams	Calcium	97 milligrams
Potassium	395 milligrams	Iron	3 milligrams
Total Carbohydrate	30 grams	Folate	87 micrograms

This recipe is approved and provides vegetables in the following color groups:



5 A Day
THE COLOR WAY



Home Link.....

SQUASH or ZUCCHINI WRAP

Note: Substitute 1 Yellow Squash for 1 Zucchini



KIDS' KITCHEN

5 A DAY AND ZUCCHINI

KIDS ACTIVITY SHEET

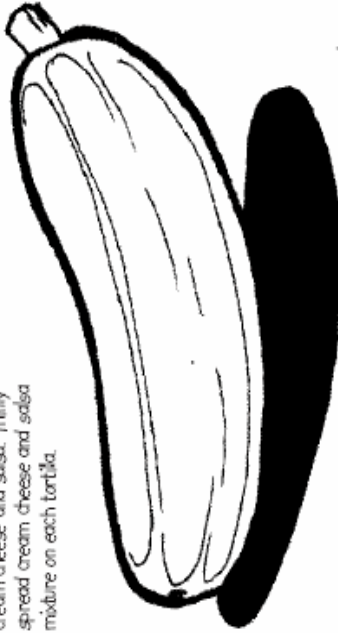
Try this fun & easy recipe

ZUCCHINI WRAP

- 2 zucchini, cut into strips
- 2 carrots, peeled and cut into strips
- 4 large white mushrooms, chopped
- 4 green onions, thinly sliced
- 1/2 cup fat-free cream cheese
- 1/4 cup salsa
- 4 fat-free flour tortillas
- toothpicks

With the help of an adult, combine zucchini, carrots, mushrooms, and green onions. In a small bowl, combine cream cheese and salsa. Thinly spread cream cheese and salsa mixture on each tortilla.

Place chopped vegetable mixture evenly across center of each tortilla. Roll up tortilla, trapping ingredients tightly inside to form a tight tube. When finished rolling, slice each tube into 1-inch sections and secure with toothpick to serve or eat sandwich style. Makes 4 servings. This is an official 5 A Day recipe.



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WHAT IS A SERVING?

A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.

1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice

1/2 cup of fresh, frozen, or canned fruit (in 100 percent juice) or vegetables

1 cup of raw leafy vegetables = 1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

MAKE A VEGETABLE INSECT!

You will need: variety of large and small vegetables, toothpicks, and cream cheese

Use your imagination to create a vegetable insect. Use large vegetables – zucchini, potato, bell pepper, or squash – for body.

Use smaller vegetables –

cherry tomatoes, beans,

carrots, spinach, corn kernels,

onion, or celery – for legs, wings,

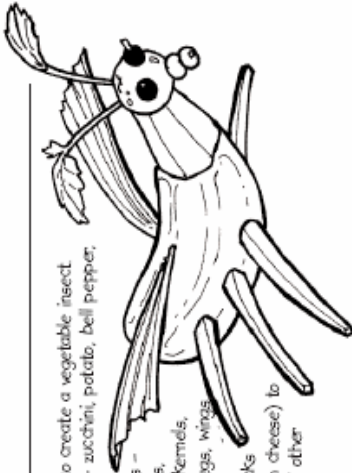
head, body parts, and

antennae. Use toothpicks

or “edible glue” (cream cheese) to

attach legs, wings, and other

body parts to body.



Eat 5 or more servings of fruits and vegetables
a day for better health

**FOR MORE FUN FOR KIDS,
GO TO WWW.5ADAY.COM**



Home Link.....



Home Recipes



**Your child/children will be testing
Yellow Summer Squash in October
Try a new recipe!**



new jersey department of agriculture



Herbed Vegetable Combo



Serves 4

2 Tbsp. of water

¼ cup chopped onion

1 cup zucchini squash, sliced thin ½ tsp. garlic powder

1- ¼ cups yellow squash, sliced thin 1 medium Jersey tomato, cut into 8 wedges

¼ cup celery, cut into 2 inch strips ½ cup green pepper, cut in 2 inch strips

Heat water in large frying pan. Add squash, green pepper, celery, and onion. Cover and cook over moderate heat until vegetables are tender-crisp (about 4 minutes). Sprinkle seasonings over vegetables. Top with tomato wedges. Cover and cook over low heat until tomato wedges are just heated (about 2 minutes).

Nut'l analysis per serving: Calories, 25; Cholesterol, 0 mg; Sodium, 11 mg; Fat, Trace.

Tomato, Squash and Onion Casserole

From: USDA/Team Nutrition; "Food Family & Fun..."

1 Tbsp olive oil

2 tsp minced garlic

3 small onions, sliced

1 tsp salt

1/2 tsp freshly-ground pepper

1 Tbsp each fresh thyme, oregano and basil (or 1 tsp each, dried)

1 medium zucchini, washed, cut into thin slices (about 1/2 pound)

1 medium yellow squash, washed, cut into thin slices (about 1/2 pound)

6 fresh plum tomatoes, cut into medium slices

Preheat oven to 400 F.

1. **Saute** onions and garlic in 1 Tbsp oil over medium heat, until onions are tender and browned. **Place** in oven-proof dish and **season** with half the salt, pepper and herbs.

2. **Arrange** zucchini on top of onions, then place a layer of yellow squash next with a layer of tomatoes. **Sprinkle** with rest of herbs, salt, and pepper.

3. **Bake**, covered, for 25-30 minutes at 400 F

Serves 8 each 1 cup servings

Nutrients per 1 cup serving

Calories	56	Saturated Fat	0.3 g	Iron	1.1 mg
Protein	2 g	Cholesterol	0 mg	Calcium	31 mg
Carbohydrate	9 g	Vitamin A	80 RE	Sodium	301 mg
Total Fat	2.2 g	Vitamin C	25 mg	Dietary Fiber	3 g